

Combat Fitness Test

Maneuver Under Fire
Field Configuration

Maneuver Under Fire Field

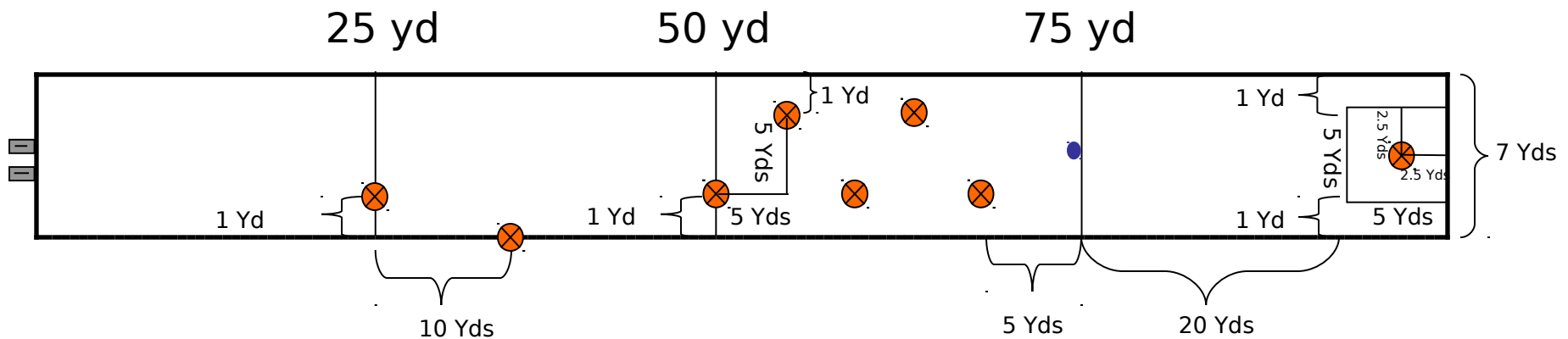
- Football/Soccer field surrounded by track optimal, but not absolutely necessary
 - Allows for efficient execution of Movement to Contact (880 yd run)
- Recommend 8 lanes with 6 lanes minimum
 - Use 6 lanes if field is surrounded by track and “crown” is excessive
 - Number of lanes determined by field available
 - If field not surrounded by track, the more lanes the better
 - Utilize MCCA to assist in marking field
- Field free of holes, rocks, or other hazards

Lane Marking

- Lanes can be marked with field lining paint (utilize MCCS/Semper Fit support if available)
- If Marked:
 - Boundary of each lane marked with dashed line
 - Leftmost and rightmost lanes (outboard boundaries) marked with solid line
 - 25, 50 and 75 yards marked with solid line
- If lanes not marked, at a minimum utilize engineer tape to delineate lanes from 50-75 yd line
- **Lanes 7 yds wide (marked or unmarked)**
- Cone or utility flag at 25 yard line. Another cone or flag 1 yd inboard from 25 yd line marker ("J Hook" point, start of high crawl)
- Cone or utility flag at 35 yard point. Marks transition point from high crawl to modified high crawl.
- Five cone marks between the 50 and 75 yard lines in a zig-zag fashion
 - Marks should be small but visible enough to allow for ease of successive field setup
 - First cone on the 50 yard line
 - **1 yd distance between cones and lane marker on either side**
 - Successive cones five yards up and five yards over
 - Last cone will be five yards from the 75 yard line
- Grenade impact target
 - 5 x 5 yard box marked with solid line 20 yards beyond the 75 yard line
 - Cone mark in the center of the target box
 - Can be marked with engineer tape with sandbag or other weight at each corner
- 2x30# Ammo cans staged at start line in each lane
- 1x Practice grenade (blue body) staged at 75 yard line

Lane Marking

(lane shown is leftmost lane)



- 30 lb Ammo Cans
- Dummy grenade ("Blue Body",
- smart cone, pylon, red/yellow utility flag, small sandbag or other visible marker)

25 yd

50 yd

75 yd

Lane 1

Lane 2

Lane 3

Lane 4

Lane 5

Lane 6

Lane 7

Lane 8





A diagram showing a top-down view of a rectangular area, likely a lane. In the center is a large rectangle labeled "Grenade Box In Lane 1". To the left and right of this box are two narrow vertical rectangles. Below the central box, a horizontal bracket spans the width of the central box and is labeled "5 yards". Below each of the narrow vertical rectangles, a horizontal bracket indicates a width of "1 yard".

Grenade Box
In Lane 1

1 yard

1 yard

5 yards